

## Healing Your Family

After discovering the patterns of sins, vices, spirits, or attitudes/strong emotions/dispositions, implement a program that has the following considerations:

1. Practice virtues that oppose the patterns. For example, pray the Act of Hope whenever you “hold on” to fear. Trust in the Lord and have confidence in Him. Depression→practice joy and acts of charity. Despair→practice hope/confidence. Fear of suffering→practice mortification (give things up such as entertainment) and replace it with doing something good for others. See the back of this page. Practice a virtue for 30 days straight. Also, watch: <https://www.youtube.com/watch?v=K-TC1mFYzPQ> (“Family Virtues”; about 30 minutes) and [https://www.youtube.com/watch?v=f\\_jguGLEnJg](https://www.youtube.com/watch?v=f_jguGLEnJg) (“Common Pitfalls for Catholic Parents”; about 30 minutes). Also, watch: <https://www.youtube.com/watch?v=OL1P3ktjm80> (“Friends of the Cross”).

2. Fast (from food, entertainment, and cell phone usage and other media).

3. Pray specifically for the patterns to go away. E.g., “Lord Jesus, please bind up criticism and passivity and complaining from my family and me, and drive them far away from us.”

4. Pray general prayers, such as the Rosary, Divine Mercy Chaplet, and/or the Divine Office.

5. Make reparation. Do extra prayers, Adoration, and have Masses said for the repairing of the damage (1) when the pattern came into the family line; (2) for the sins from other people in the family tree and its subsequent negative effects; and (3) for your own sins. E.g., perhaps your great grandfather was the first alcoholic in the family tree and alcoholism is prevalent. Pray for the repose of the soul of your great grandfather. Pray that the Lord will repair the damage that has resulted from your sins and the sins of your family tree.

6. Pray for healing for your family members and yourself. E.g., Healing Mass, or Prayer for Inner Healing.

7. Have a priest pray say certain prayers over each person in your family. A husband, the royal priest of his family, should bless his wife and children.

8. Ask your Guardian Angel and patron saints to intercede. Whatever the patterns, ask the saints who are “enemies” of these patterns to pray. E.g., St. Clare will pray for you against betrayal (perfidy), if this pattern is in your family line. St. Mother Teresa will pray against pride. Think about the life of various saints who can pray against vices.

9. Use sacramentals. E.g., use blessed salt in your cooking or at meals. Use holy water and bless yourself and your house.

10. Practice custody of the eyes, mind, and tongue. If you start thinking about something negative or sinful, catch yourself immediately and do something positive (prayer, spiritual reading). If you do not catch yourself immediately and practice virtue instead, you reinforce negative patterns. See 2 Cor 10:3-6 and Jas 3:1-10.

11. Go to Confession frequently and confess the sins, vices, and fears, and talk to the priest about defects (e.g., depression). You and your family should confess the kind of sin and the number of times it was committed. This will help your awareness level to improve and the practice of custody of the eyes, mind, and tongue.

12. Get rid of any negative influences in your home. We encourage you to Google search things like: “the dangers of Harry Potter,” “the dangers of yoga.” Get rid of all movies and books, other media and objects that do not build up the Kingdom of God or might be cursed. To answer some of your questions, visit: <http://www.womenofgrace.com/blog/?cat=6482>

13. Consider praying the *Auxilium Christianorum* prayer weekly. Visit: <https://drive.google.com/file/d/0B-umKmU8IuyHelNTN3FjdIzKnUE/view>

**Last word:** This information looks overwhelming. So slowly move into a plan of prayer and works of mercy for your family. Gently move forward without “beating yourself up.” Try to live in the present moment.

## Seven Capital Sins—Root Vices

### Pride—putting oneself above God and others

Boastful \* self-centered \* self-important \* superiority complex \* arrogant \* talking too much \* stubborn \* vain \* entitlement mentality \* rude \* disobedient \* wanting no advice \* brooding over offenses \* over-sensitive \* fearful \* self-pity

### Greed—covetous; disordered desire for material things

Seeking security only in things of this world \* stingy \* hoarding \* not realizing that you are passing through this world on pilgrimage to heaven \* secretive \* desiring wealth and power

### Anger—disordered desire to be right or be treated better; desiring revenge

Aversion \* resentful \* bitter \* hatred \* silent treatment \* un-forgiveness \* impatient \* emotional \* temper \* self-will \* control \* gossip \* withdrawal \* mean \* critical \* fault-finding \* judgmental

### Envy—resentful longing aroused by someone else's possessions, qualities, or gifts

Hateful \* gossip \* detraction \* backbiting \* joy at the sorrows/troubles of others \* spiteful \* do not care when others are praised

### Sloth—laziness; avoiding doing God's will for the sake of comfort

Effeminate (= wanting a soft, easy life) \* late for events \* distaste for life \* discouragement \* moody \* gloomy \* inconsistent \* dull to exhortation \* lack of thanksgiving to God and others

### Gluttony—eating and drinking to excess

Think and talk food a lot \* complaining about plain food \* too much snacking \* immoderate use of alcohol \* loudness \* boisterous \* can include immoderate use of electronic devices and media

### Lust—desire for illicit sexual pleasure

Curiosity about sex \* Over-familiarity with someone \* carelessness in reading and viewing \* not controlling imagination \* comfort-seeking \* pleasure-seeking \* not open with priest-confessor \* not using necessary means to control the flesh

## Ways to Overcome—Remedies for These Vices

### Humility—selfless; recognizing that all skills, talents, and good qualities are gifts from God

Think about my dependence on God \* thanksgiving to God \* seeking ways to serve God and others quietly \* quit complaining/gossiping \* seeing Christ in others \* Litany of Humility \* Surrender Prayer

### Generosity—giving of time, talents, and gifts freely; God is more important than possessions

Cultivate simple tastes \* desire to imitate the poverty of Christ \* seek first the Kingdom of God \* give others the better part habitually \* share your things with others \* tithe

### Meekness—acting with patience, mercy, and charity when resolving conflicts

Keep Christ crucified habitually in mind \* do little acts of charity for those who annoy you, including prayer \* live in God's presence \* keep quiet when annoyed, and unite sufferings to Christ

### Kindness—wishing the best for others; brotherly love

Thank God for others' gifts \* pray for the one you envy \* speak well of the one you envy \* think of eternal life and that God wants all to be saved

### Diligence—following God's will, even if it means discomfort (suffer for God's mission)

Faithful to prayer life \* keep to a schedule \* do immediately what you tend to put off \* think of eternity constantly \* do spiritual and corporal works of mercy as little acts of self-discipline

### Temperance—taking all things in moderation

Decide how much to take ahead of time and stick to it \* eat or drink in God's presence \* fast \* reflect on the fact that 21,000 die of starvation daily \* only use electronic devices and media for the good

### Chastity—properly ordered desires of the flesh

Develop personal love of our Lord \* flee occasions of lust \* be hard on body—mortification \* keep busy \* live for others \* pray the Angelic Warfare Confraternity Prayer frequently \* meditate daily on a Gospel passage for 15-30 minutes

-With God, choose to one virtue a month from the right side. Do not reinforce vices.

## Schedule Changes This Week

Recall that we have Sports-Bible Camp this week. So the office will be closed on Thursday and Friday. Also, there will be Mass at Our Lady of the Snow on Thursday and Friday, but the start time will be 7:30 a.m. with a Divine Mercy Chaplet following, but no Holy Hour.

## Quick Apologetics (Defending Your Faith)—The Bible

We, as Catholic Christians, use a Bible that has 73 books (called the canon of Scripture); there are 46 books in the Old Testament, 27 in the New Testament. The canon of Scripture was settled at the Council of Rome in 382, under the authority of Pope Damasus I. This canon included the Septuagint, or Alexandrian Canon (written in Greek) of the Old Testament—46 books. It was soon reaffirmed on numerous occasions. The 73 books were affirmed at the Council of Hippo in 393 and at the Council of Carthage in 397. In 405 Pope Innocent I reaffirmed the canon in a letter to Bishop Exuperius of Toulouse. All of these canons were identical to our modern Catholic Bible. The Church also reaffirmed the 73 books of the Bible at the Councils of Florence (1442), Trent (1546), Vatican I (1870), and Vatican II (1965).

So why do Protestants have 66 books—seven less books? Historically, near 100 A.D. Jewish leaders rejected seven of “our books” [Wisdom, Sirach, Judith, Baruch, Tobit, and 1 and 2 Maccabees], mainly because they could not find versions of them written in Hebrew. This Jewish version is called the Palestinian Canon. In 1529, Martin Luther chose the Palestinian Canon, using the same reason to reject the seven books—he could not find the Hebrew version.

However, close to 1950, archaeologists found Hebrew copies of the seven books in question in the Dead Sea scrolls at Qumran. Who would have known?!

In the New Testament, there are 300 quotations taken from the Septuagint, which was used by Jesus and the New Testament writers. If Jesus used the Septuagint, we had better do the same.

## Upcoming Church Celebrations

**-July 26**, Thurs, St. Anne: Mass at 5 p.m.; then dinner  
**-July 29**, Sun, St. Ignatius, Mass at 1 p.m.; then BBQ  
**-August 5**, Sun, Our Lady of the Snow. Mass as usual at 9:30 a.m. with the Musicians of St. Clare, followed by a fish fry; **bring a side dish to share**

## Sports-Bible Camp; July 19-20

**-Days**: Thursday-Friday  
**-Time**: 8:30 a.m. – 2:30 p.m.  
**-Where**: Fraser Valley Sports Complex.

**-For boys and girls**: kindergarten completed through 6<sup>th</sup> grade completed.

**-Typical sports**: volleyball (this is a real sport; everything else is just a game), basketball, soccer, martial arts.

**-No cost.**

## Life and Legacy Golf Tournament

**When**: Friday, July 20 **Where**: Grand Elk Golf Course, **Time**: 7:30 a.m. breakfast, 8 a.m. registration, 9 a.m. tee-off. **Registration**: \$135/golfer; \$500/team; PRC: 970-887-3617 **Proceeds**: Pregnancy Resource Connection and WPCS

## Calendar of Events

**-Jul 26 (Thu)**. Celebration of Saints Joachim and Anne:

Mass at St. Anne at 5 p.m. followed by potluck dinner

**-Jul 29 (Sun)**. Celebration of St. Ignatius: Mass, 1 p.m., followed by meal at All Smoked Up BBQ

**-Aug 5 (Sun)**. Celebration of OLS. Mass at 9:30 a.m. followed by a fish fry; bring a side dish to share

### Mass Collections, July 7 – 8

St. Anne	\$ 2728
St. Bernard	3695
Our Lady of the Snow	1996
St. Peter	546
St. Ignatius	897
<b>Total</b>	<b>\$ 9862</b>

### Vocations Prayer Calendar

*Please pray for our seminarians every day.*

**Sat**—John Croghan & Tony Davis

**Sun**—Ryan Kent & John Stapleton

**Mon**—Peter Srsich & Patricio Chuquimarca

**Tue**—Justin Doerr & Juan Hernandez

**Wed**—Christopher Marbury & Christian Mast

**Thu**—Samuel Rendon & Cristian Rivera

**Fri**—Men and women applying for formation

### Mass Intentions and Schedule for StA, StB, and OLS

**KEY**: StA = St. Anne; StB = St. Bernard;

OLS = Our Lady of the Snow

-Sat, Jul 14, StA, 5 p.m., Honor Ulveling

-Sat, Jul 14, StB, 5:30 p.m., Mark and Cathy Sommer

-Sun, Jul 15, StB, 7 a.m., People in our region & visitors

-Sun, Jul 15, OLS, 9:30 a.m., Lucas and Erin Ackerman

-Sun, Jul 15, StA, noon, Steve and Jan Robar

#### Weekday Masses

-Mon, Jul 16, StA, 8:30 a.m., Bill & Mary Ann Hensley

-Tue, Jul 17, OLS, 7:30 a.m., Chip McGinn

-Wed, Jul 18, StB, 8:30 a.m., +Thomas Schlagel

**-Thu, Jul 19, OLS, 7:30 a.m.**, John/Beryl Ann Olhasso

**-Fri, Jul 20, OLS, 7:30 a.m.**, Barry/Aimee Kroneberger

### Mass Intentions and Schedule for StP and StI

**KEY**: StP = St. Peter; StI = St. Ignatius (Walden)

-Sun, Jul 15, StP, 10 a.m., Larry and Janice Gross

-Sun, Jul 15, StI, 1 p.m., People in our region and visitors